


| Carver Center Programming | | Spring 2018 (March 1-May 31) | | more info? Call: 571-258-3400 |
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| Special Events for 55 & up | | | | |
| F 4/13 | 12:30P-4:00P | Health Fair | Mac Brownell Adult Day Center is hosting a Health Fair in conjunction with nurses from George Washington University School of Nursing. | 330607-01 |
| F 4/20 | 1:00P-2:00P | Earth Day Celebration | Loudoun County Master Gardeners presentation on Invasive/Alien Plants with Native Alternatives. Learn how to protect and encourage our natural environment. | 330608-01 \$2 drop in for non-members |
| W 5/2 | 1:00P-2:00P | Native Plant Presentation | Julie Borneman of Watermark Woods Native Plant Nursery in Hamilton, VA will present about favorite native plants and their uses and which plants perform best based on their habitats and value to wildlife. | 330649-01 |
| F 5/4 | 10:30A-12:00P | Senior Play | Carver Senior Theater Group will again WOW you with their spring play. | 330613-01 |
| F 5/9 | 10:00A-12:00P | Fall Prevention Program | Inova Loudoun Hospital nurses and physical therapists is providing a fall risk assessment program for seniors. The program includes education on the risk for falls, importance in taking measure to prevent falls, a fall risk questionnaire, and several quick tests to determine an individual’s risk for falls. Each participant will receive a packet with educational information and a calculated risk score that they can take to their primary physician. | 330656-01 |
| F 5/11 | 1:00P-3:00P | Mother's Day Tea Dance | Enjoy afternoon tea and scones while you fill your dance card and glide across the Grand Hall on the arm of a handsome suitor! DJ Sky Dantine. | 330639-01 \$5 |
| Programs for 55 & up | | | | |
| | | Services For Seniors | Confidential assistance linking seniors to services. Please call 703-777-0257. | |
| Mon-Fri | 12:00P-12:30P | Congregate Lunch | Sign up in person or call 571-258-3407 24 hours in advance. | Ages 55-59 \$4 Ages 60 + donation |
| Mon-Fri | 9:00A-10:00A | Adult Coloring | All materials provided. | 330653-01 |
| M,Tu,Th,F | 9:00A-12:00P | Card Players AM | Canasta. Beginners welcome! | 330650-01 |
| Tues Wed Thurs Fri | 9:00A-10:30A 9:00A-10:00A 10:00A-11:00A 11:30A-12:00P | Ping Pong | New players always welcome! | 330623-01 330623-02 330623-03 330623-04 |
| Mon/Wed | 10:00A-11:00A | Volleyball (Beachball) | Games not scored--all ability levels welcome. | 330625-01 |
| Mon | 9:00A-11:30A | Corn Hole | Enjoy this fun outdoor game inside! | |

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| Mon | 10:45A-12:00P | Chair Yoga | Encourage better circulation, flexibility and immune function. | 330627-01 |
| Mon | 1:00P-2:00P | Farkle/Board Games | Chat and laugh over a classic pastime. | 330620-01 |
| Mon | 12:45P-1:45P | Local Excursions | Thrift Store (2nd/4th/5th),various locations other Mondays. | 330638-01 |
| Mon | 1:00P-2:00P | Beginner Line Dance | Provides exercise and camaraderie. | 330618-01 |
| Mon Wed/Fri | 1:00P-2:00P 10:30A-11:30A | Qigong | Mindful breathing and slow, standing movements. | 330634-02 330634-01 |
| Tu | 9:30A-10:30A | Tai Chi Seniors | Slow motion routines practiced in a group. | 330647-01 |
| Tu | 10:30A-12:00P | Beginner Bridge | A gentle introduction to bridge basics. | 330648-01 |
| 2nd Tu | 10:30A-12:00P | Advisory Board Meeting | Monthly meetings which focus on fundraising/feedback. | 330703-01 |
| Tu/Th | 11:00A-11:30A | Balance and Stability | Physical Therapist designed sequence of excercises. | 330626-01 |
| Tu | 12:30P-2:00P | Creative Writing | For anyone interested in exploring the writing process. | 330609-01 |
| Tu | 12:45P-2:15P | Intermediate Bridge | For those who know the basics. | 330657-01 |
| Tu Fri | 12:45P-1:45P 10:45A-11:45A | Bingo | \$0.50 per card; product prizes. | 330624-01 330624-02 |
| W 3/14-5/30 | 10:00A-11:30A | Decluttering For Seniors | No new sign-ups after week 1. | 330604-01 |
| Wed | 10:30A-11:00A | Fitness Equipment 101 | Use of gym equipment to maximize workout and avoid injury. | 330655-01 |
| Wed | 10:30A-11:30A | Sing Along with Wiley | Old-fashioned favorites in a relaxed setting. | 330641-01 |
| W 5/2 | 10:30A-11:30A | Hearing Help (Ages 18 +) | Cleaning/testing/resources. Blue Ridge Speech & Hearing Preregister: 571-258-3400 | 330615-01 |
| 4th Wed | 10:30A-12:00P | Book Club | Monthly book discussions. Books provided. | 330617-01 |
| 4th Wed | 12:30P-1:30P | Hearing Help With NVRC (Ages 18 +) | Northern Virginia Resource Center for Deaf and Hard of Hearing Persons provide information about hearing loss and resources to the community. | 330664-01 |
| 2nd Wed | 11:30A-12:00P | Library Outreach Visit | Loudoun County Library brings books/videos/periodicals. | 330644-01 |
| 4th Wed | 12:00P-12:30P | Monthly Birthdays | Sign up and celebrate your birthday with your Carver friends! | 330611-01 |
| Wed | 1:00P-2:00P | Basic/Int Ukulele | Basic and Intermediate instruction. Some loaner ukes available. | 330603-01, 02 |
| W 4/4 | 1:00P-2:00P | Afternoon Tea | Free registration begins 2 weeks before event. | 330643-01 |
| Wed M-F | 1:00P-2:00P 2:15P-5:00P | Scrabble/Board Games | Classic board games and banter. | 330616-01 330702-01 |

| Programs for 55 & up | | | | |
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| Wed | 12:45P-2:00P | Grocery Shopping | Transportation to local grocery establishments. Skips the 2nd Wednesday. | 330637-01 |
| 2nd Wed | 12:45P-3:30P | Shopping Leesburg | Bus to Leesburg to shop. | 330652-01 |
| Thurs | 10:00A-11:30A | e-Comment | Video-record comments for the Board of Supervisors. | 330629-01 |
| 4th Th | 10:00A-12:00P | Blood Pressure checks | Inova Loudoun Healthcare staff. No appointment needed. | 330633-01 |
| Thurs | 10:45A-11:45A | Bible Study | Non-denominational group. | 330630-01 |
| Thurs | 12:45P-2:00P | Brain Games | Picture and word games in a group setting. | 330628-01 |
| Thurs | 1:00P-4:00P | Thursday Card Group | Canasta and Euchre. | 330654-01 |
| Thurs | 1:00P-4:00P | Bridge Group | Intermediate party bridge for experienced players. | 330631-01 |
| 1st Fri | 12:00P-2:00P | Monthly Movie | Enjoy your regular lunch with a Movie in the Club Room! | 330645-01 |
| Fri | 1:00P-2:00P | Stitching Group | Bring own handwork. | 330622-01 |
| Fee-Based Programs for 55 & up | | | | |
| M 3/19-4/23 M 5/7-6/11 | 12:30P-2:30P | Drawing Class | All materials provided. Instruction ends at 2:00P. Instructor: Alice Power | 330606-01 \$30 members/ \$42 non-members 330606-02 \$30 members/ \$42 non-members |
| W 3/14-4/18 W 5/16-6/20 | 12:30P-2:30P | Advanced Beg. Watercolor | Bring own supplies. Instruction ends at 2:00P. Instructor: Alice Power | 330610-02 \$30 members/ \$42 non-members 330610-01 \$30 members/ \$42 non-members |
| F 3/23-4/27 F 5/25-6/29 | 12:30P-2:30P | Beginner Watercolor | All materials provided. Instruction ends at 2:00P. Instructor: Alice Power | 330660-01 \$30 members/ \$42 non-members 330660-02 \$30 members/ \$42 non-members |
| Fri 3/23 Fri 4/27 Fri 5/18 | 11:00A-2:00P | Carver Lunch Bunch | 3/23 Cracker Barrel, Winchester, VA 4/27 Firebirds Wood Fired Grill, Leesburg, VA 5/18 Paddy's Irish Pub, Charles Town, WV | 330605-01, 02 \$4 330605-03, 04 \$4 330605-05, 06 \$4 |
| Tu 3/20-4/24 | 9:00A-10:30A | Email & Internet | A focused look at email and the internet, for students with little background in using a computer. Two computers available for use for those without laptops. | 330632-01 \$48/\$60 non-member Carver computer 330632-02 \$48/\$60 non-member Personal laptop |
| Tu 3/20-4/24 | 10:30A-11:30A | Inkle Loom Weaving | \$3 materials fee due at first class. | 330636-01 |

| Multiage Programs | | | | |
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| Mon Tu | 2 :00P-3:00P 4:15P-5:15P | Line Dance (Ages 18 +) | Focusing on dancing to contemporary songs. | 330713-01 \$2 drop-in 330713-02 \$2 drop-in |
| 2nd Tu | 10:30A-12:00P | Advisory Board (Ages 18 +) | Monthly meetings which focus on fundraising/feedback. | 330703-01 |
| Tu-Th | 2:00P-4:00P | Pickleball (Ages 18 +) | Tennis-like game played with 2, 3 or 4 players. | 330711-01 \$2 drop in |
| Tu | 6:00P-8:00P | Handwork (Ages 18 +) | Bring your own handwork. | 330728-01 \$2 drop-in |
| 2nd/4th Tu | 6:30P-8:00P | Jerry's Jukebox (Ages 14 +) | Basic Ballroom Dance instruction. | 330706-01 \$2 drop in |
| W 5/2 | 10:30A-11:30A | Hearing Help (Ages 18 +) | Cleaning/testing/resources. Blue Ridge Speech & Hearing Preregister: 571-258-3400 | 330615-01 |
| 4th Wed | 12:30P-1:30P | Hearing Help With NVRC (Ages 18+) | Northern Virginia Resource Center for Deaf and Hard of Hearing Persons provide information about hearing loss and resources to the community. | 330664-01 |
| 4th Th | 3:00P-4:00P | Alzheimer's Support Group (Ages 18 +) | Provides emotional, educational and social support for caregivers. | 330704-01 |
| Sa | 9:00A-12:00P | Cards (Ages 18+) | Canasta and Euchre in the Library. | 330712-01 \$2 drop in |
| Fee Based Multiage Programs | | | | |
| Mon & Wed Tu & Th Fri Sat | 2:00P-7:00P | Computer Lab | Call ahead for availability. 571-258-3400 Free for senior center members. | \$2.00 Pay at door (Ages 55 & up) \$3.00 Pay at door (Ages 18 & up) |
| | 2:00P-8:00P | Fitness Center | Adults age 55 & up may use our Fitness Center during all operating hours. Free to senior center members. Non-seniors may use the Fitness Center hours listed on left. | |
| | 2:00P-5:00P 9:00A-12:00P | Pool Anyone? (Ages 18 +) | Enjoy honing your pool shooting skills. Free to senior center members. | |
| M/W 3/12-3/28 | 5:15P-6:00P | Body Sculpting (Ages 16 +) | Using resistance bands, Pilates balls and weights. Bring a mat. Jill Perla | 330707-01 \$50 |
| M/W 4/9-4/25 | 5:15P-6:00P | Body Sculpting (Ages 16 +) | Using resistance bands, Pilates balls and weights. Bring a mat. Jill Perla | 330707-02 \$50 |
| M/W 5/7-5/23 | 5:15P-6:00P | Body Sculpting (Ages 16 +) | Using resistance bands, Pilates balls and weights. Bring a mat. Jill Perla | 330707-03 \$50 |
| Tu/Th/F 3/6-3/30 | 8:15A-8:45A | Core and More (Ages 16 +) | A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla | 330705-01 \$80 |
| Tu/Th/F 4/10-4/27 | 8:15A-8:45A | Core and More (Ages 16 +) | A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla | 330705-02 \$60 |
| Tu/Th/F 5/8-5/25 | 8:15A-8:45A | Core and More (Ages 16 +) | A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla | 330705-03 \$60 |
|  | Loudoun County Department of Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act. If you need reasonable accommodations, please make the request to the appropriate program area at least two weeks prior to the program meeting date. | | | |